




November 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tuna Salad Sandwich Lettuce, Tomato Celery Sticks Sliced Beets Grapes	2 Chicken Marsala Zucchini Roasted Turnips Whole Wheat Bun Fresh Pear	3 Hawaiian Pork Tacos** Rainbow Veggie Blend Spinach Whole Wheat Tortilla Banana	4 Beef Stew w/ Vegetables Capri Vegetables Cornbread Strawberries	5 Sweet and Sour Pork** Sautéed Cabbage Whole Wheat Roll Brown Rice Peaches
8 Balsamic Glazed Chicken Asparagus Dill Roasted Carrots Whole Wheat Roll Apricots	9 Chef Salad w/ Turkey, Ham, Cheese Corn Salad Whole Grain Crackers Fresh Orange	10 Baked Salmon w/ Dill Green Beans Roasted Sunset Vegetables Whole Wheat Roll Fruit Cocktail	11 Open Face Turkey Sandwich w/ Gravy Mixed Vegetables Cranberry Yams Whole Grain Bread Sliced Pears	12 Sliced Steak Diane Cauliflower Baked Potato Whole Wheat Roll Banana
15 Potato Crusted Cod Spinach Mixed Vegetables Whole Wheat Roll Fresh Fruit Salad	16 Chicken Stroganoff w/ Noodles Chef's Vegetables Winter Blend Whole Wheat Roll Mixed Fruit	17 Meatball Sub Garden Salad Green Beans Apple Fruit Crisps Applesauce	18 Orange Sage Pork Chop** Succotash Spinach Couscous Whole Wheat Roll Sliced Peaches	19 <u>Thanksgiving Lunch</u> Roast Turkey w/ Gravy Bread Stuffing Mashed Potatoes Green Bean Casserole Pumpkin Pie
22 Grilled Chicken Piccata Spinach Roasted Turnips Whole Wheat Roll Mandarin Oranges	23 Beef Philly Sandwich w/ Cheese Sauce Baked Potato Fries Zucchini Sliced Apples	24 Scallop Potatoes w/ Ham** Broccoli Whole Wheat Roll Fruit Cocktail	25 HAPPY THANKSGIVING Closed for Holiday Observance 	26 Closed for Holiday Observance
29 Coconut Curry Fish Asparagus Sautéed Green Beans w/ Tomatoes Brown Rice Strawberries	30 Honey Butter Chicken Broccoli Sweet Potato Whole Wheat Roll Mandarin Oranges	 Call to sign-up 480-858-6511	Items with **contain pork or pork products. Menu subject to change due to availability.	Aster Aging is funded in part by Area Agency on Aging, Region One.  AREA AGENCY ON AGING REGION ONE, INCORPORATED